

Office on Smoking and Health
National Tobacco Control Program
Resource Document

As the lead Federal agency with responsibility for comprehensive tobacco prevention and control, the Centers for Disease Control and Prevention's (CDC) Office on Smoking and Health (OSH) maintains the National Tobacco Control Program (NTCP) to decrease the major preventable cause of death in the U.S. and protect the public's health from the harmful effects of tobacco use. The NTCP includes every state, the District of Columbia, as well as Pacific and Caribbean territories and jurisdictions, National Networks, Tribal Support Centers, and non-governmental organizations.

Background

Tobacco use remains the leading preventable cause of death in the United States of America. The 2004 Report of the Surgeon General concluded that smoking harms nearly every organ of the body and causes generally poorer health (1). For every person who dies of a smoking-attributable disease, 20 people suffer with at least one serious illness from smoking, including chronic bronchitis, emphysema, and heart disease (2). Estimates of annual smoking attributable economic costs are over \$167 billion (3).

In 2006, 45.3 million U.S. adults were smokers (4). Smoking prevalence remains high in many population segments, including adults of lower socioeconomic status and those with less education. The rate of decline in overall adult smoking prevalence has slowed in recent years, and rates of youth smoking are also declining more slowly (5). Additionally, secondhand smoke causes premature death and disease in children and

adults who do not smoke (6). Despite considerable progress in reducing exposure to secondhand smoke, many adults and children are still exposed.

The most effective way to reduce tobacco use and resulting morbidity and mortality is through comprehensive tobacco control programs fully implemented and sustained over time. *The Guide to Community Preventive Services* (7), the 2000 Surgeon General's Report (8), and CDC's *Best Practices for Comprehensive Tobacco Control Programs* (9) provide evidence-based recommendations and guidance for state tobacco control programs.

This evidence indicates that policy and population-based interventions that contribute to changes in social norms regarding tobacco use and exposure to secondhand smoke are the most effective approaches to reducing the burden of tobacco. Moreover, these strategies must be continued for sufficient time that their benefits reach the entire population (10). Recent research shows that the more states spend on comprehensive tobacco control programs, the greater the reductions in smoking, and the longer states invest in such programs, the greater and faster the impact (11,12).

The Office on Smoking and Health has funded health departments in states, territories, and the District of Columbia to build and maintain the capacity and infrastructure to implement evidence-based tobacco control programs as part of the National Tobacco Control Program. The forthcoming program announcement will extend the NTCP for five years, providing state health department tobacco control programs the guidance and resources to continue and sustain their efforts to reduce morbidity and mortality from tobacco use.

The purpose of the National Tobacco Control Program is to achieve four program goals through community interventions and mobilization, countermarketing, policy development and implementation, and surveillance and evaluation. The goals are:

- Prevent initiation of tobacco use among young people.
- Eliminate exposure to secondhand smoke.
- Promote cessation among adults and young people.
- Identify and eliminate tobacco-related disparities.

This program addresses the “Healthy People 2010” focus area of tobacco use.

The Office on Smoking and Health will collaborate with state and territorial health departments to gather indicators of program effectiveness. All funded states and territories will work with OSH to collect baseline indicators to measure program efforts during the first year of the Award. The same measures will be collected as followup to determine whether states and territories are achieving progress toward their goals. CDC will conduct a National Adult Tobacco Survey and a National Youth Tobacco Survey with state-specific estimates for all states and territories for indicators that require survey data. CDC will provide technical assistance to states and territories regarding other reportable data requirements for the baseline.

This document includes a list of resources based on the components of *Best Practices for Comprehensive Tobacco Control Programs—2007*.

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Resources for Tobacco Control Programs

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